

Design of Body Dance Course for Female College Students

Jialin Sun^{1,a*}

¹ No.400, Wanquansi Street, Fengtai District, Beijing, P.R.China

National Academy of Chinese Theatre Arts

^a357748534@qq.com

Absrtact. Body dance is a physical education course to cultivate students'comprehensive quality, and it is one of the physical education courses for undergraduate majors in Colleges and universities according to the need of quality education. In recent years, body dance, as a new form of physical education curriculum, is attracting female college students with its own fitness value and unique artistic charm. By participating in the study of body dance, female college students will be helpful to acquire good physical quality, form appropriate body posture and develop. Positive mental outlook, shaping elegant behavior, enhance noble and elegant temperament. Therefore, the purpose of this paper is to explore the improvement of the quality of dance course for female college students on the basis of the theory of dance course design, and to analyze the problems and solutions in the course of course practice. This paper will adopt the research method of concrete analysis of specific problems to make data comparison and draw conclusions. The results of this study show that the teaching of teaching courses must keep up with the changes of the times and the needs of students and carry out continuous reforms in order to effectively improve the teaching effect and cultivate more outstanding talents in line with the social requirements. Therefore, curriculum designers should understand the characteristics and difficulties of organizational implementation principles and evaluation methods, constantly sum up experience, actively improve and renovate curriculum design practice, and jointly enhance the timeliness of body dance curriculum.

Keywords: Body Dance, Curriculum Design, Teaching Mode, College Students

1. Introduction

With the rapid development of science and technology and the continuous leap of material and cultural living standards in today's era, all walks of life require higher and higher comprehensive quality of talents. Besides professional knowledge and skills, healthy and healthy body, elegant temperament and good physical quality have formed the necessary image of contemporary college students. Connotation, quietly become the advantage of talent competition. With its own value and unique charm, body dance attracts the love of college students [1-2]. More and more college students participate in the study of body dance. As an important base for training high-quality talents, colleges and universities have naturally become the base and cradle for shaping body beauty and training high-quality talents. More and more colleges and universities gradually realize the importance of body dance in Colleges and universities, and incorporate body dance courses into compulsory courses, general courses or elective courses in Colleges and universities. Therefore, it is very important to pay close attention to the needs of female college students in Colleges and universities, to put emphasis on reality, and to design and improve a reasonable body dance course[3].

Undoubtedly, the comprehensive and systematic physique dance course in Colleges and universities will benefit female college students in their future employment, participation in social competition and daily life for life. Therefore, it has gradually become one of the irreplaceable characteristic physical education courses in Colleges and universities in China under the new situation. Many colleges and universities have incorporated body dance into their curriculum, but generally speaking, it still needs to be mentioned. Generally speaking, experts and scholars at home and abroad pay more and more attention to the research and discussion of body dance course, mostly focusing on teaching methods and teaching modes. However, the research is scattered, and there is little or no in-depth research on curriculum design [4-5]. From the research data collected at present, although some monographs and periodicals have related to the theoretical

aspects of body dance curriculum, the current research mainly focuses on the preliminary exploration of the model of body dance curriculum, the current situation of curriculum implementation and countermeasures, the impact of the curriculum, the importance of the curriculum, or simply on the content of the curriculum. There are few studies on the construction of curriculum objectives, teaching methods and so on. There are few studies on the design of body dance curriculum based on relevant theories. The research on the design of body dance curriculum is relatively weak [6-8]. Our country has made some achievements in the development of body dance education. More and more researchers have begun to pay attention to the development of body dance education and realized the importance of body dance curriculum in education. Therefore, in order to explore and improve the actual teaching and curriculum design, we need not only our own efforts, but also the process of mutual exchange and mutual promotion [9].

Starting with the design of body dance course in Colleges and universities, this paper explores the progress of body dance course for female college students, probes into the design of body dance course for female college students in Colleges and universities, and finds out and summarizes the characteristics, rules and matters needing attention in the application of body dance teaching for female college students. It provides suggestions and references for the plan and implementation of the exhibition dance course, and provides a more reasonable theoretical reference for better improving the design of the college girls'body dance course and better implementing the body dance education for female students[10]. Choosing this topic is also to fill some gaps for the better development of body dance courses in Colleges and universities. At the same time, learning from the experience of other curriculum design, through comparative advantage analysis, the similarities and differences of curriculum design development are obtained, and improved methods and paths are put forward. Combining with the cultivation of new ways, a new model of curriculum design development is put forward, which provides some suggestions for improving the body dance curriculum design of female College students. Combining curriculum design with students'needs and paying attention to the rationality of curriculum design is not only in line with the development of the times, but also the innovation of this paper.

2. Research Ideas and Methods

2.1 Research Ideas

On the basis of fully understanding the characteristics and problems of female college students'physique, this paper probes into the design of female college students' physique dance course from both theoretical and empirical aspects, and finds out and summarizes the characteristics, rules and matters needing attention in the application of female college students'physique dance teaching, so as to carry out physique Dance Course in Colleges and universities. Cheng's plan and implementation provide suggestions and references for female college students'body dance education, which can improve their comprehensive quality, meet the needs of society, enhance their social competitiveness and self-confidence, and create a civilized and elegant social environment for society. In the context of education in the new era, we should re-recognize and understand curriculum design, change the narrow understanding of curriculum based on discipline and knowledge, and understand the concept and connotation of curriculum from macro, multi-faceted and multi-faceted perspectives, so as to grasp the overall situation of curriculum and establish a correct curriculum concept in the context of the new curriculum reform. In the new curriculum system of our country, curriculum itself is no longer just a carrier of knowledge, but also a process in which teachers, students, parents and schools can acquire knowledge together and choose and create knowledge together.

2.2 Research Methods

This research takes the course design of body dance in Colleges and universities as the research object, takes the students of the public elective course of body dance and dance major in local colleges and universities as the experimental object, and adopts the research methods of literature, expert interview, questionnaire, experiment and mathematical statistics to fully understand the characteristics and existence of Female College students'body. On the basis of the problems, this paper discusses the design of the body dance course for female college students from both

theoretical and empirical aspects, and provides suggestions and references for the plan and implementation of the body dance course in Colleges and universities. Among them, the method of documentation searched the relevant literature on curriculum design published in domestic and foreign journals through China HowNet; only one related literature on physical curriculum design; related literature on physical education; related literature on physical education; related literature on physical education. And read the Monographs on the curriculum, collect and analyze the syllabus used by some colleges and universities which have already set up the body dance course in the province. The interview method is also used to interview the experts in body dance, psychology, sports training, physical education curriculum and so on. With interviews as the main part and telephone and email interviews as the supplement, we should know the actual situation of the current body dance courses in Colleges and universities; listen to and solicit their opinions and suggestions on this study in an all-round way, define the relevant concepts of the courses clearly, grasp the general situation of the body dance elective courses in colleges and universities, and listen attentively to them. The experience of experts and good suggestions for the course construction.

3. Experiments

3.1 Sources of Experimental Data

This study randomly selected 120 students from different universities, different grades and different dance foundations. The selection of these research objects is mainly based on the factors of educational development level, age, physical condition and psychological factors. The comprehensive consideration of these factors is conducive to the representativeness and typicality of experimental data.

3.2 Experiment Implementation

In order to grasp the current situation and existing problems of the design and implementation of the body dance course for female college students in general colleges and universities more comprehensively, based on the analysis of relevant literature, the author lists the outline of the questionnaire, divides the dimensions of the questionnaire and sets up the items according to the knowledge of psychological theory and sports science. At the same time, it solicits the suggestions of experts and front-line teachers. After repeated revision and improvement, it forms a questionnaire on the current situation of body dance curriculum. There are 20 questionnaires, which are divided into two parts. The first part of the questionnaire consists of 10 basic information questions to understand students'age, educational background, specialty, hobby, school location, and evaluation of the curriculum. The second part is a survey of the present situation of substitute teachers' participation in curriculum design practice, with a total of 10 questions, in order to understand the current teaching situation and after-school completion of the physique curriculum. Effectiveness and teachers'feelings and evaluation of the new curriculum.

4. Discussion

4.1 Visual Display of Data

In the questionnaire survey, the questionnaire is conducted in two forms: electronic questionnaire and paper questionnaire. A total of 120 questionnaires were distributed and recovered, and 100 questionnaires were recovered, of which 100 were valid. The effective recovery rate was 100%. The experimental results were valid. The basic information of the respondents is shown in Table 1.

Table1. Basic Situation Table of Questionnaire Subjects

	Classification	Number of persons	Percentage (%)
Occupation	Student	80	80

	Teacher	20	20
Grade	Freshman	26	26
	Sophomore	35	35
	Junior	19	19
	Teacher	20	20
Total Semester Hours	18-32	25	25
	32-36	42	42
	36-48	13	13
Experts Personal Profile	Body Dance	8	8
	Sports Training	4	4
	Physical Education Curriculum	6	6
	Psychology	2	2

4.2 Analysis and Discussion

In the interview, the author also learned that in most of the concept of body dance teachers, the current course hours of body dance courses for female college students have been more adequate. However, it may be difficult for college students to keep physical training every day. In this context, it is necessary for college students to master the methods and methods of physical training within a certain planned period of time, which can be regarded as a good start for the cultivation of future sports habits. Therefore, from the total school hours, the current design of school hours is basically more scientific and reasonable. Strengthen the overall quality of the dance teachers. Strengthen the study and training of body dance teachers, especially non-professional teachers should improve their teaching and research abilities, introduce professional teachers in body dance, and continuously optimize the structure of teaching staff. According to the characteristics of non-professionalism in Colleges and universities, teaching contents are set differently, and long dance sentences are replaced by repeated or varied development of simple elements, which spiral in-depth in repeated repetitions to stimulate students' self-confidence and enthusiasm for learning. We should improve traditional teaching methods, respect students' personality characteristics and pay attention to students' personality development. There are certain genetic and habitual factors in the formation of all kinds of bad postures, which have the characteristics of long correction time and the possibility of correction is not so. Therefore, it is suggested that attention should be paid to students' physical problems in primary and secondary schools to avoid irreversible structural changes.

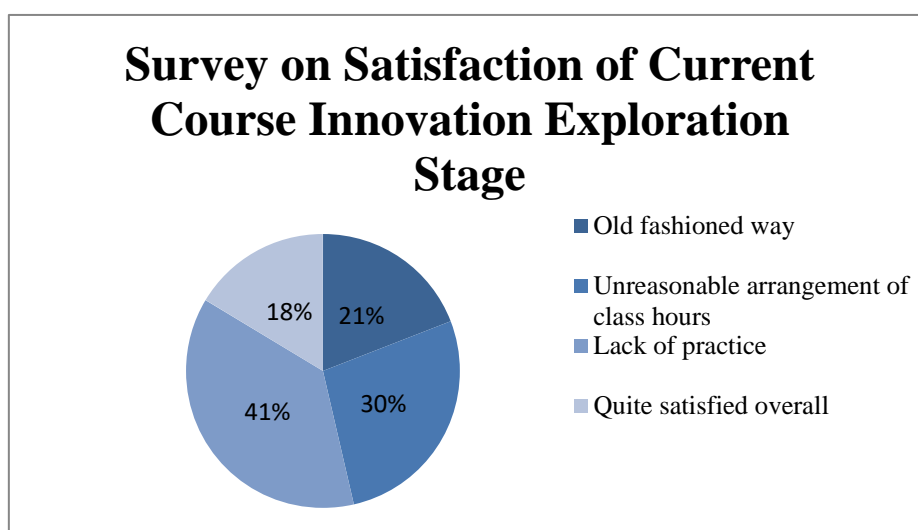


Figure1. Satisfaction Survey of Current Course Innovation Exploration Stage

In practice, the implementation must conform to the basic principles of physical education teaching in Colleges and universities. Firstly, we should adhere to the teaching principle of teaching students in accordance with their aptitude. Physical beauty itself has different standards, and each college student's own physical conditions are also

different, so it needs to be "different according to aptitude, each break". Teachers need to arrange teaching contents according to students' different problems, so as to help them alleviate psychological pressure and stimulate their inner interest in learning. Secondly, we should adhere to the principle of step-by-step teaching. The teaching of physique dance course must be carried forward step by step. For college students who don't have much dance foundation, teachers need to demonstrate single action many times in teaching, decompose complex action, and then help students to gradually coherence, in constant repetition. Consolidate and form a learning "spiral up" model. This can reduce the difficulty of activities and enhance students' confidence in the course. For the theoretical part, linear arrangement can be adopted. Thirdly, teachers should adhere to the teaching principle of blending inside and outside, adhere to classroom training and extracurricular activities in body dance teaching, realize the practice teaching system of integrating inside and outside training and extracurricular practice, make the integration of basic courses adapt to students' professional development, and effectively promote students' professional level and vocational skills. It will lay a good foundation for future career development.

5. Conclusion

On the basis of demonstrating the background of educational reform and curriculum design practice, this paper explores how to develop and innovate curriculum design in the context of students' and social needs and curriculum development, so as to solve more scientifically the female college students' desire for physical training in psychology and physiology as well as the existing curriculum system in ordinary schools Problem.

This paper focuses on the curriculum model, principles, contents, strategies and problems that need to be improved in the course design of body dance for female college students in Contemporary Colleges and universities. It is hoped that some suggestions can be offered to help the new development of body dance course in Colleges and universities. At the same time, relevant teaching activities should set up teaching contents differently according to the non-professional characteristics of ordinary colleges and universities, improve traditional teaching methods pertinently, and respect students' personality characteristics. In the aspect of teaching evaluation, it is necessary to further adjust the current teaching evaluation and evaluation system, so that students' learning sustainability can be maintained, and the related learning and practice activities carried out by students can become part of the curriculum system and evaluation system.

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